

BAR HILL NEWS

June 2018; Issue 593

— VOLUNTEERING —

Ever considered volunteering? Do you have 3 hours to spare once a week?

At Cambridge University Hospital (Addenbrooke's and the Rosie) volunteering is a long established part of hospital life. With a variety of different roles on offer there is bound to be something that suits you.

Some of the many benefits of becoming a volunteer with us include:

- A great way to meet people;
- An opportunity to help those in need without requiring any specific skills (All our volunteers have patient facing roles);
- Ongoing support through mentoring, training, forums, newsletters and social functions;
- A great way to keep fit (we have roles to suit many levels of fitness);
- Use of the on-site sports and leisure centre at staff rates (including large swimming pool) and other benefits.

Find out more information on our website:

<https://www.volunteering.cuh.org.uk/> or give us a call on 01223 254663.

We would love to hear from you.

— PARISH COUNCIL WEBSITE —

This is now available on www.barhillpc.org.uk

Lots of information and minutes of meetings.

Please contact the Clerk with any questions or suggestions.

PART TIME OFFICE ASSISTANT REQUIRED FOR THE PARISH COUNCIL

8 hours per week

For further information contact Sue Bell at the Parish Council Office **asap** on 01954 780456 or

e-mail: clerk@barhillpc.org.uk.

Bar Hill Parish Council is an Equal Opportunities Employer.

— UPCOMING MEETINGS re 2019 FÊTE —

All meetings start at 7.30pm in the Social Club:

11th July

12th September

14th November

9th January 2019

13th March

10th April

8th May

12th June

Please do come along and help make the Fête a community event to be proud of. A little of your time could be invaluable; there are jobs as small as putting out cones or putting up posters, to big jobs like coordinating bookings. There's something to suit all levels of expertise and time.

Please help bring the community spirit back to Bar Hill!

EXTRA-ORDINARY GENERAL MEETING

Notice is hereby given that there will be an Extra-ordinary General Meeting of the **Village Hall Management Committee** on **Thursday 12th July 2018 at 7.30pm** in the **Committee Room** of the Village Hall, for the purpose of adopting a Resolution to the Trust Deed.

All residents of Bar Hill are invited to attend.

HAVE YOU SEEN THE 'LIBRARY IN A PHONE BOX' ON THE SPINE PATH?

The decommissioned phone box on the Spine Path at the junction of The Spinney and Pheasant Rise is now a small Library. You can take books, toys, CDs etc and leave ones of your own that you no longer require.

It is hoped that in the near future the phone box will be fitted with extra shelves to hold more goodies.

— INDOOR CARPET BOWLS —

We are a mixed group who meet in the school on Friday evenings during term time from 7.30–10.00pm with a ½-hour break for refreshment – all for £1.50 each evening you play.

We do not play in any leagues so even if you have never played before do not be put off. Why not come along and join us on any Friday evening with your 1st session being free?

We look forward to welcoming you.

If you require any further details please contact Barbara on 01954 204171.

— RESIDENTS' ASSOCIATION —

Interested persons are always welcome at Residents' Association meetings.

They are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meeting: 3rd July.



— YOUR BAR HILL NEWS —

The Residents' Association is looking to revamp the Bar Hill News.

Any suggestions on how to do this would be gratefully received.

Is there something not in there at present that you would like to see?

Any preference on how often the Bar Hill News is published? Some have suggested making it three-monthly only...

Please send ideas to the Editor on bhneditor@yahoo.com, or write to: Editor, 1 Hanover Close, Bar Hill CB23 8SE.

Thank you.

Deadline for July's edition: 15th June to bhneditor@yahoo.com or see page 2 for other contacts.

— BAR HILL RESIDENTS' ASSOCIATION —

2017-18 COMMITTEE:

Chair	Roger Hall	01954 780304	
Vice chair	Kate DaCosta		
Secretary	Anil Pallan	01954 782736	
Treasurer	Ann Bensted		ab10034@cam.ac.uk
Data Protection Officer	Richard Hayden		rxh321@gmail.com or 07775 731814

Other Committee members:

Karen Hayden	kfmh123@gmail.com
Laura Chapman	laura.katy.foster@gmail.com
Amber Neale	amberscott2015@gmail.com
Hilary Whipp	hilary.whipp1@gmail.com
Mike Nelson	mike@machineconcepts.co.uk
Jo Hall	01954 780304

BAR HILL NEWS:

Editor:	Jan Cundy	jan_cundy@yahoo.com
Advertising Coordinator:	Bunty Waters	01954 201421

The objectives of the association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance and recreation in and around the village, and to promote the interests of Bar Hill. Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £16.50 per month and must be submitted by the 1st of the month prior to inclusion. These ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we publish Maxi and Mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space. Maxi ads (6cmx4½cm – 9cmx6cm) are £8.50 per month; Mini ads (6cmx2cm – 6cmx4cm) are £5 per month, and should be submitted by 15th of the month prior to their inclusion.

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell after the first time.] All items can be submitted electronically on disk or to bhneditor@yahoo.com [a Word file is best, please] or hard copy via Parish Council Office.

— THE MAPLE SURGERY —

Tel: 01954 780442
www.mhmaple.co.uk

Out of Hours Emergencies call 111
(Cambridgeshire and Peterborough 111 Service)

Surgery Opening times:

Monday to Friday 8am – 6.30pm

On the day appointments: bookable by phone at 8.30am.

Midwife Thursday 9.30am–12.30pm

Podiatrist Wed. & Friday 8.45am–12 noon
and 1.00–4.00pm

Orthoptist 2nd Tues/month 9.00am–12.30pm

Cambs Hearing Help 4th Tues/month 9.30–11.30am

Health Visitors (based at Longstanton): 01954 207612

Well Child Clinics: 3rd Tues/month 1.00–2.30pm
at the Children's Centre, Bar Hill (next to Primary School).

— BAR HILL HEALTH WALKS —

Free every Wednesday morning
Meet at Maple Surgery at 10.30am

Our walks are all weather (*in case of rain you will find us under the Church porch*), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108;
E: jopowell45@hotmail.com or Patricia Daniels
T: 07917 874402; E: danielsoohn@btinternet.com.

SUMMIT LANDSCAPES



• Paving • Driveways • Brickwork •
• Carpentry • Groundworks • T: 01223 929394;
www.landscapingpaving.co.uk

BICYCLE REPAIRS & SERVICING – 07914 655086

— NWR —
CONNECTING WOMEN WHO ARE
INTERESTED IN EVERYTHING
AND TALK ABOUT ANYTHING



NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings.

We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

5th July Balloon debate – based on a famous or infamous Duke or Duchess.

19th July Kitchen gadgets – what is your favourite most used kitchen gadget and, what gets left behind at the back of the cupboard that is never/hardly ever used but, seemed a good idea at the time.

2nd August What's in the news – bring a newspaper cutting and discuss with the group.

The Bar Hill NWR group meets informally in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs. If you would like more information or someone to accompany you to a meeting, please don't hesitate to call Marie-Thérèse Last on 01954 780329 or Bobby Colver on 01954 781662.

NWR can also be found on www.nwr.org.uk.

Why not have a look!

— HAPPY HOURS —

Our Club meets most Mondays in the Octagon building of Bar Hill Church and runs from 11am until 3pm with coffee, tea and light lunches. Our Summer lunch menu consists of salads (cheese, salmon or the weekly special which could be ham, corn beef, pork pie or quiche) or a ploughman's lunch (all at £2.30 each). Our aim is to provide friendship and companionship so why not come along and give us a try? You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

Coming up in July and August:

2nd July: Party Games

9th July: Bingo and Quiz

16th July: Marie Curie Tea Party

23rd July: **NO CLUB**

30th July: Competition Games

6th August: "A Day at the Seaside"

13th, 20th and 27th August: **NO CLUB**

It is with sadness that I have to report that Ruby Hunt, one of the founding members of the Happy Hours Club that was formed in 1989, passed away in June. Ruby was still coming to the club until fairly recently when failing health prevented further attendance. She will be greatly missed by all her friends.

Anne Plumb, 01954 780364



A successful collection was held in the village during Christian Aid Week in May, when thirty-eight volunteers from the church delivered

envelopes and called to collect them. The result was very close to what was received in 2017. The total was £2881.43, and Gift Aid adds about almost £300 to that. What is raised in Bar Hill compares favourably with the result in some other Cambridgeshire villages.

Several of our collectors met residents who were welcoming and encouraging, and warm responses made up for the few negative ones. Many of our residents have shown they are willing to do something to help those who live in less privileged parts of the world.

Thank you to all who took part, whether by contributing, collecting or helping with the administration.

S DYE For all your Painting & Decorating needs.
 Please call 07806 629972 or 01954 230484.

THE ROYAL BRITISH LEGION,
— BAR HILL BRANCH —

The Royal British Legion Bar Hill Branch meets on the 4th Thursday of each month in The Community Room at Tesco at 7.30pm.

We are a small friendly group of like-minded people. To join you don't have to have an Armed Forces background, just share a common cause of supporting our Service community, now and for the rest of their lives. If you are interested in coming along, please contact Wendy Arrowsmith, Branch Secretary, on 01954 781381 or Malcolm Cox, Chairman, on 01954 488657.

— BAR HILL BOOK CLUB —

Meeting on Tuesday 25th July – 7pm – The Fox.
 Please come and join our friendly group of book loving ladies.

Contact Sheila 07920 558319

— 8 O'CLOCK CLUB —

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.

We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our upcoming meetings are as follows:–

8 July – Garden party at Barbara's [152 Hillcrest] starting at 7.30pm – Members only;

2 August – School closed – no meeting.

If you'd like further information please phone Barbara on 01954 204171, Adela on 01954 204265, Ann on 01954 204687, or come along to one of our meetings. We'd be very pleased to meet you.

— HEALTH AND WELLBEING CLUB —

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room, the group focuses on aspects of promoting and maintaining good health in every area.

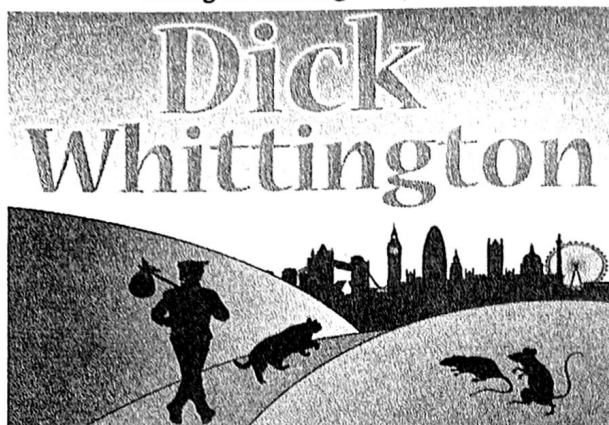
We start with a chair based exercise activity followed by advice from Tesco's departments.

This is a unique and friendly group and is an ideal place to meet new people.

Next meetings: 10th July.

For further information, contact Wendy Arrowsmith on 01954 781381.

IT'S PANTO TIME!
Calling all budding thespians...



Would you like to be involved in next year's panto by Swavesey RADSOC?

No experience necessary, just lots of enthusiasm.

We need actors, chorus and stage crew.

Read through is on **Thursday 5th July**.

Auditions (for main parts) on **Wednesday 19th July** at

Bar Hill School in the studio at 7.30pm

Come along and join the fun!!

Contact: nataliewoodward@hotmail.com

— BAR HILL POST OFFICE —

We are located in Bar Hill Library, open 9–5.30pm Monday to Friday and 9–12.30pm Saturday.

We offer Royal Mail and ParcelForce services for all your posting needs. Ask our friendly, helpful staff for advice to make sure you're using the right service.

Also available:

Car Tax • Bill payments; • Banking services – cash/cheque deposits for all High Street Banks; • FREE cash withdrawals; • Foreign Currency – Euros in stock – other currency available to order with next day delivery; • Moneygram – safely send money abroad/UK; • Gas and Electricity key/card top-ups; • Mobile phone top-ups; • One 4 All Multi-store Gift Cards; • National Lottery, EuroMillions & Scratchcards; • Stationery and posting/packaging items; • Cards and wrapping paper for all occasions; • Helium Balloons; • Basic shop items; • Sweets and chocolate; • Cold drinks; • Daily Newspapers – reserve your paper for Collection.

NEW – Vaping Products, Ice Creams

PLEASE SUPPORT YOUR LOCAL POST OFFICE

– ☺ thank you ☺ –

Little Kickers

Approved football training for kids aged 18 months to their 7th birthday.

Classes are running at Bar Hill Village Hall and all around Cambridgeshire.

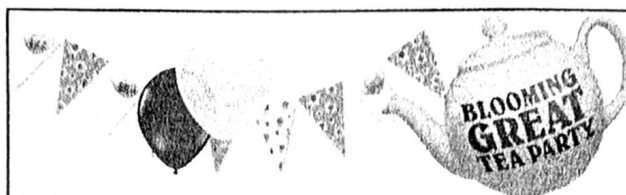
For information, or to arrange a **free** taster class, contact Ashley at Little Kickers South and East Cambridgeshire on:

T: 07928 765121; E: ajordan@littlekickers.co.uk

W: www.littlekickers.co.uk

Facebook: www.facebook.com/LKCambridgeshire

MARIE CURIE BLOOMING GREAT TEA PARTY



Where: Bar Hill Church – The Octagon building

When: Monday 16th July, 1–3pm

Come along to enjoy the cream teas, cakes and prize raffle. Please support this great cause.

DRY DRAYTON WOMEN'S INSTITUTE

Our W.I. meets at 2.30pm on the second Tuesday of every month in the Village Hall, High Street, Dry Drayton.

Our future programme is:

10th July Dr Julie Bounford – the story of Heffers;

14th Aug. Afternoon tea for members;

11th Sept. Dr Tim Wreghitt – making a stand for Chelsea;

9th Oct. Mrs Charlotte Homent – how to protect yourself against scams;

13th Nov. Mr Rex Freeman – England our England – songs and words;

11th Dec. Christmas meal for members.

Visitors are always welcome – £5

Contacts: Huguette 01954 781484

Alice 01954 782497

BREEZE RIDE

Calling all female cyclists... including those who would like to start cycling!

I have become a Breeze Ride Leader and am starting to lead some rides from Dry Drayton and the surrounding area, often we will start at The Black Horse.

I will lead a mix of rides including beginner ones but I need to know if people are interested.

I currently ride with a group called Duxford Breeze Sassy Lassies Cycling and you can join our Facebook group to find out more <https://www.facebook.com/groups/370826133254040/> or register on the Breeze website <https://www.letsride.co.uk/breeze> or email me at

Claire_thorby@btinternet.com

FOR SALE

Brass Standard Lamp with attractive Upside down glass patterned shade

Excellent condition £35.00 ono

Tel: 01223 352161

PLAYPALS BABY AND TODDLER GROUP

Meet Wednesdays and Fridays*

At Bar Hill Church Octagon

9:45–11.15 am

*Term-time

Under 1s £1.50; Over 1s £2.50; Family £3.50.

Your first session free!

Can you help? We are looking for kitchen volunteers to give an hour of time during our sessions to help prepare snacks and drinks. If you are interested please contact:

helen.j.bishop@gmail.com

— BAR HILL PARISH COUNCIL —



Sue Bell, Parish Clerk: 01954 780456

e-mail: clerk@barhillpc.org.uk

Please note that the office is normally open to residents between 10am and 12noon, Monday to Wednesday.

Our new website is open: www.barhillpc.org.uk

Parish councillor vacancies – please contact the Clerk for further information and how to apply. Further details will be posted up in the Council office window. If you have a genuine interest in the future of Bar Hill and can commit the time and energy to make a difference, we are waiting to hear from you.

Help... It would be of great assistance to the Council and community if everyone could check the other side of their garden fence to make sure it is clear of vegetation overhanging footways. Same for where boundaries meet with Council open green spaces, please keep clear so that it doesn't impede mowing and strimming by contractors, thank you.

The Council kindly requests that **anyone putting food out for the birds**, to please give consideration to ensuring that it is kept within the curtilage of their own property and in a manner so as to not encourage rats and mice, causing a problem for other residents.

Saddened to see so many of our bus shelters are sporting graffiti. This is not acceptable and is costing money from your Precept element of the Council Tax to keep up with painting over the graffiti, both inside and outside the bus shelters or wherever else it is found. These incidents are always reported to the Police and a crime number obtained; perpetrators found defacing Council assets will be prosecuted. Please let us know if you have any details since these additional costs divert funds from much needed village grounds maintenance and other projects.

Unfortunately the Council had to put the **meeting point shelter out of action** after the hammock was found damaged. The manufacturers are investigating but we have received reports of some of this new equipment, including the new teqtable installed in June, being used in a manner for which it was clearly not designed for. Again, this is being monitored and members of the public are asked to let the Council have names and addresses of perpetrators with dates and times so that it can be followed up.

Handy telephone numbers/contact details:

Cambs County Council: Births, deaths and marriages; buses; consumer protection; education; libraries; public health; recycling and waste; roads and highways; social care; street lighting; trading standards; transport and travel. Tel 01223 717111

South Cambs District Council: Building control; business rates; car parks; council tax; elections and voter registrations; environmental health; housing and homelessness; leisure centres; licensing; pest control; planning; refuse/bin collection; street cleaning Tel 03450 450500 <https://www.cambridgeshire.gov.uk/council/contact-us/not-sure-which-council-to-contact/>

To report issues on **footpaths, public rights of way, and roads** <https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/roads-and-pathways/roadworks-and-faults>. Tel 01223 717111

Streetlight maintenance <http://www.lightingcambridgeshire.com/contact-us/report-fault.htm> or

enquiries@lightingcambridgeshire.com Tel 0800 7838 247.
You will need to give the number on the lamp post
Cambridge Water Company (water supply)
<http://www.cambridge-water.co.uk> Tel 0800 316 7676
Anglian Water (waste water)
<http://www.anglianwater.co.uk/> Tel 0800 145 145

— CONCERT —

Jesus College Chapel, Cambridge

*Held by kind permission of the Master and Fellows
of Jesus College*

Wednesday 11th July 2018 at 7pm

Alexander Baillie – cello

Nigel Yandell – piano

Fauré Sonata no 1 in D minor for cello and piano, op. 109

Turnage Sleep On

Poulenc Sonata for cello and piano

Brahms Sonata no 2 in F for cello and piano, op. 99

All proceeds in aid of Home-Start Cambridgeshire

Tickets: £20 Student: £10. Free interval drink.

Please request tickets and payment details from Home-Start Cambridgeshire by Wednesday, 4th July 2018:

E: office@homestartcambridgeshire.co.uk; T: 01480 700242

*We are grateful to Woodfines LLP Solicitors for
their sponsorship*

www.homestartcambridgeshire.co.uk

Charity No. 1106007

FOR SALE

1. **Unwanted prize** (too small for me) – a brand new, black, soft leather jacket based on the jacket worn by Gemma Arterton in the film Hansel and Gretel: Witch hunters. The jacket has a 100% polyester, lightly padded lining, a zipper front opening, zipped side pockets, two inside pockets (one zip closure), styled shoulders with stud decorations and an elasticated waist band. Unisex style, size medium (ladies size 12). £50
2. A 60s vintage retro Sherborne pouffe in very good condition. Pouffe is large, round, brown, faux leather and measures approximately 13" (33cm) high, 22" (56cm) diameter with a 'buttoned' top and is quite lightweight. **Only £5**
Tel: 01954 780364; email: anne@rwp10.plus.com

— BAR HILL JETS —

Bar Hill Jets (under 7s) have had a great first season in mini soccer. We won all games in the first half, so were moved into a more competitive league. This saw us win 2, lose 2 and draw 2. We still have a couple of friendlies ahead of us, including Peterborough, Cherry Hinton and Buckden. For more info about your child joining our team, please contact Kev Houston 07401 686878.

— WANTED —

Bar Hill School would like: tissue paper; Playdough; stencils; pencils; crayons; cotton wool; train sets; water toys; buckets & spades; musical instruments.

If anybody has any of these they wish to donate, please get in touch with Jo Hall, 11 Almond Grove, tel. 01954 780304 or e-mail roger.hall@ntlworld.com.

— Bar Hill Church —

Services during July

Sunday 1 July	10:00 am	Holy Communion (Methodist)
	6:00 pm	Informal Worship
Sunday 8 July	10:00 am	All-Together Worship
Wednesday 11 July	10:00 am	Midweek Holy Communion
Sunday 15 July	10:00 am	Holy Communion (Baptist)
Sunday 22 July	8:00 am	Holy Communion
	10:00 am	Morning Worship (Holiday Club Commissioning)
Sunday 29 July	10:00 am	Morning Worship



* *There will be no Messy Church during July (or August) - we shall take a break and restart on Wednesday 19 September.*

Social Calendar for July

Olive Tree Coffee Morning Saturday 14 July 10:30 - 11:30 am in the Octagon

Holiday Club Monday 23 July – Friday 27 July (contact cypadmin@barhillchurch.org.uk)

Coffee Stop every Wednesday 10 am - noon in the Library (contact Sue 01954 780260)

Art Group every Wednesday 1:30 - 4:00 pm in the Church (contact Jan 01954 201495)

(The 'Bring Your Own Craft Group' is not meeting in July)

Church Contacts

Church Office	Linda King	01954 206120	office@barhillchurch.org.uk
Minister	Rev. Charles Mather	01954 277119	charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH		
Website	http://barhillchurch.org.uk	Facebook	https://facebook.com/barhillchurch

— Bar Hill Church —

*good
company*

meals together

*concerts &
socials*



support

friendships

Knit and Natter



every Thursday 1:15 - 3:00 pm in the Octagon

(Contact Sue 01954 780260)



*charity
work*

knitting & chatting

outings

all ages & experiences welcome

— Catholic Church —

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

The Catholic Church serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Rt. Rev. Mgr Eugene Canon Harkness**

Tel: 01223 350787

Local contact: **Bunty Waters**

Tel: 01954 201421

Mon., Weds., Thurs., Friday

8am & 12.15pm

Tuesday

8am & 7.30pm

Saturday

6pm: First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at
Cambourne and 6pm at The Octagon, Bar Hill.

Holydays of Obligation

8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday

6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly
newsletter available at the 6pm Mass each Saturday.

Copies are also available in the Church Centre.

Home Visits

I am happy to bring communion to house bound Catholics. I
also visit people at the end of their lives, of any religion or
none, who would welcome support or are distressed
spiritually.

Contact Jean: 07841 397338, Catholic Eucharistic Minister.
Associate Member of the Hospice Chaplaincy Team.

Crazy Dog Lady Pet Services

Services include:

Dog walking;

**Training classes – Thursday evenings
in the Octagon;**

Other pets and puppy pop-ins;

1-2-1 Training.

Friendly, Reliable, Fully Insured, DBS checked, APDT trained.



— BAR HILL VILLAGE HALL —

- Conference Facilities;
- Seminars;
- Committee/Meeting Room;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales.
- Kitchen Facilities.
- Excellent Parking and Catering Facilities.



During the week we have the following groups and clubs:

Mon. (TTO)	Helene's School of Dance	4-6pm
	Craig Burns Boot Camp	6.15-7.15pm
	(TTO) Pilates	7.15-8.15pm
Tue. (TTO)	Over 50's Dance Class	2-3pm
	Shotokan Karate	6-8pm
Wed. (TTO)	Helene's School of Dance	4.30-6.45pm
	Clubercise with Marilyn	7.15-8.15pm
Thur. (TTO)	Pilates	10-11am
	Little Kickers	1.45-2.45pm
	Little Kickers	3.30-4.30pm
	Weight Watchers	7-8pm
Fri.	Martial Arts	6-8pm
Sun.	Bingo	7-9.30pm
	(TTO) Term Time only	

If you wish to book any of these facilities, or get more information, please call 01954 782414 and leave a clear message. We'll call back within 24 hours (Monday to

— BAR HILL SPORTS & SOCIAL CLUB —

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.



A freshly cooked Sunday roast is available every other Sunday, **please pre-book**. Non-members are welcome – just give us a call 01954 781881.

What's on...

Friday 6th July – Live band from 8pm.

Saturday 4th August – 80's Disco night from 8pm.

30th November – Weekend away to Lille and Brugge for the Christmas market. £138 per person, £25 deposit per person. Limited spaces, book now to avoid disappointment – open to non-members.

Not a Member?

Join now for £10, Seniors £5. Pop in and have a look around. Please ask the bar staff for a membership form.

For further information, including opening times, visit our website: www.bhssc.org.uk or tel: 01954 781881, or join us on Facebook at Bar Hill Sports & Social Club.

Sarah Whitfield, Entertainment Co-ordinator BHSSC

... did you know ...

Designed in 1897, the steam turbine was meant to be a new and improved engine. The first turbine powered an experimental British ship called the Turbinia that reached speeds of nearly 40 MPH and shattered world speed records.

PIANO LESSONS

For children and adults in Bar Hill. If you would like to learn / improve your piano skills, I have some spare places on Tuesdays (between 3.00-5.00pm)

Please email me on colmelmattidan@ntlworld.com or phone 01954 203554 for more details.

Mel Stamp.

JH FITNESS ACADEMY

"No goal was ever met without a little sweat."

Come down to your local gym

– it's practically on your doorstep –

We specialise in the following Group Fitness Classes:

- Kettlercise
- Boxercise
- Boot-camp circuits
- Muay thai kickboxing
- Barre fitness

For more information visit www.jhfitnessacademy.co.uk.

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Email: office@barhill.cambs.sch.co.uk
Website: www.barhillschool.co.uk



We are delighted to have been awarded the prestigious Artsmark Silver Award. This is a celebration of our commitment to arts and cultural education. Our pupils have the opportunity to participate in a diverse range of arts and cultural experiences and consequently develop their knowledge, skills and understanding of this aspect of the curriculum.

I appreciate the fact that Bar Hill Primary School is at the heart of the Community and children, staff and parents alike enjoyed the Bar Hill PTA Fête on Friday. Many thanks to everyone involved in organizing it and to all those that attended and made it a happy event.

Bar Hill has always been a forward looking school. We are committed to providing high quality standards, through effective partnership working. On 1st June we became a member of the Cambridge Meridian Academies Trust. Working as part of a Trust will enable us to maintain our distinctive 'Bar Hill' ethos and at the same time share expertise and resources to maintain our commitment to excellence.

Mrs J Quinn, Headteacher



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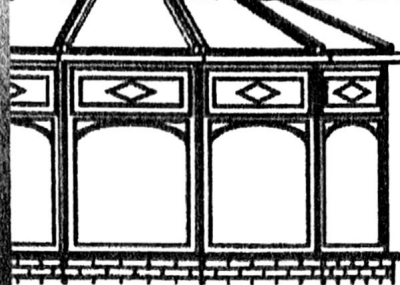
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ChatHealth: a confidential text service for young people – do you need confidential advice and support from a School Nurse? Then contact this text messaging service for 13–19 year olds on 07480 635060. ChatHealth is an easy way for young people to confidentially seek help about a range of issues, make an appointment with a school nurse, or find out how to access other local services including emotional support or sexual health services.

Tips to keep you child safe in the sun:

- encourage your child to play in the shade – especially when the sun is at its strongest
- keep babies under six months out of direct sunlight, especially around midday
- cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Reapply often throughout the day
- be especially careful to protect your child's shoulders and the back of their neck; these are the most common areas for sunburn
- cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves
- get your child to wear a floppy hat with a wide brim that shades their face and neck
- protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label
- if your child is swimming, use a waterproof sunblock of factor 15 or above. Reapply after towelling.

Travel Vaccinations – if you are travelling abroad this summer, please remember to check if you need any vaccinations. You can book a travel appointment with one of our nurses who will be happy to check for you.

Missed Appointments – in April there were 63 missed GP appointments in Willingham Surgery. This equates to 13 hours in consultation time lost, at a cost of *£1575. Please cancel your appointment if it is no longer required so we can offer it to someone else. (*An average GP appointment costs £25).

Carers Support Meetings – our next meeting is at Willingham Surgery on Wednesday 4th July at 2pm. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE!

Cambridgeshire Hearing Clinics – next Clinics at Willingham Surgery are on Wednesdays: 18th July, 15th August, 19th Sept. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

A&E is not an alternative to a GP appointment. If we are closed, please call 111, which will direct you to the best local service.

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ROMSEY MILL CHARITY GOLF DAY

Friday 13th July 2018;

Registration at 0830 for 1000 start – end by 1730

Following the success of last year's inaugural tournament, Barons Cambridge is proud to continue supporting the annual Romsey Mill Charity Golf Day. This year the tournament will be held at the prestigious Cambridgeshire Golf Course.

Teams of four are invited to take part, playing Stableford rules (full handicap).

A group ticket for four players will cost £260 – £65 per person.

Venue: **Cambridgeshire Golf Club, Hallmark Hotel Cambridge, Bar Hill CB23 8EU**

Entry Fee includes a bacon roll and coffee at Registration, 18 hole golf tournament and an excellent post-round 2 course meal – plus competitions, auction and fantastic prizes.

We are also offering a non-golfer's package for partners who may like to take advantage of the hotel facilities (including spa and pool) and join us for the after golf two course meal: **individual ticket: £27.39.**

You may like to consider staying overnight at the hotel? There will be a special rate for participants so please contact the Hallmark Hotel Cambridge to book, quoting the reference RMGOLF2018.

To enter your team please sign up at https://www.eventbrite.co.uk/e/romsey-mill-charity-golf-day-2018-sponsored-by-barons-cambridge-tickets-41831120006?utm_term=eventurl_text. If you are not able to raise a team of 4 but still want to take part, please contact us.

For more information contact Georgina Forbes at Romsey Mill on 01223 213162 or

— STORYTIME —

Stories and pictures, rhymes, songs and craft activities

Small children are invited to Storytime at Bar Hill Library at 10.30am on 14 July. After that there will be a break for the summer. Sessions will start again in September.

Storytime is open to children of pre-school age (accompanied by an adult) and their older brothers and sisters. This free event introduces young children to their local library and reveals to them what is to be gained from learning to read. There is no need to book a place; just come along.

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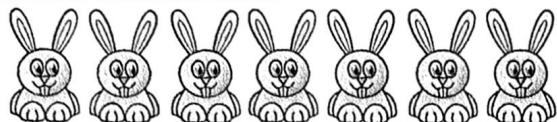
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— BAR HILL CHILDMINDERS —

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children the opportunities of day trips and range of outdoor experiences and take part in local community events and groups without being confined to one place.

We offer flexibility in the hours that we work to suit you and your child's needs with village rates, rather than having set session times.

Your child will receive focused and individual attention and care as we progress them through the EYFS curriculum. Child led play as well as structured and personally thought out activities will encourage them to grow and learn at their own pace taking in to account each child's individual needs.



Before/after school and holiday care for school aged children is available and leaves the stress out of your busy mornings and evenings.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes and are fully insured. We have access to childcare qualifications including level 3 in childcare. You can feel safe in the knowledge that we all hold Paediatric first aid certificate.

We welcome you to join us and have an informal chat at either of our friendly and inviting 'Little Bunnies' sessions on Tuesday and Thursday mornings from 9.45–11.15am in the Octagon, term time only – (£1.50 for one child under one, £2.50 for one child over one and £3 for 2 or more children). Here we offer a wide range of sensory experiences, activities, stories, singing and more... These sessions are not only for Childminders but also for any children aged 0–5 years and their parents/carers to attend – so come along and join us!

Government Funding for 3 and 4 year olds (15–30 hours per week) – 'Universal' and 'Extended'. Some of our Childminders are now registered to offer Government Funded places for children aged 3 & 4 years old (+ qualifying 2 year olds). The Funded hours each week can be shared between a Childminder and your child's Pre-school and/or Nursery. Below is a list of our Childminders – those who offer Government Funding have a letter 'F' before their name:

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F Jacky	07718 447998
F Janine	07879 613731 – spaces from September
F Melanie	01954 204496 – spaces
F Terri	07846 018714
F Kirsten	07906 218070
Mandy	01954 204223
Carol	01954 780238 – spaces
Karen	07930 196319 – holiday spaces

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This will be held on Friday 6th July starting at 10.15pm and finishing at about midnight.

We expect to see glow worms, moths and bats and other creatures, depending on their availability on the night! We will be hosting experts to help identify the moths and bats. Bat detectors will be provided. We would advise bringing a torch and wearing warm, waterproof clothing.

Everyone is most welcome to attend. Please meet at the Information Barn which is close to Brampton Wood Car Park. The address is Grafham Road, Brampton, Huntingdon, PE28 0DB. GR TL 184698.

There is no charge for this event, but donations are welcome.

For more information please contact George on 01480 450809.

Woodwalton Fen

We invite you to a guided walk at Woodwalton Fen on Saturday 14th July 2018 from 10.30am to 1pm.

Woodwalton Fen is one of the oldest reserves in the country and provides many different habitats, including reedbeds, meadows, woodlands and meres. It is also home to the Rothschild Bungalow. Species of particular interest are the Tansy Beetle, Elephant Hawk Moth, and Fen Violet. It is also home to many dragonflies and butterflies and birds such as the Marsh and Hen Harriers and Bitterns.

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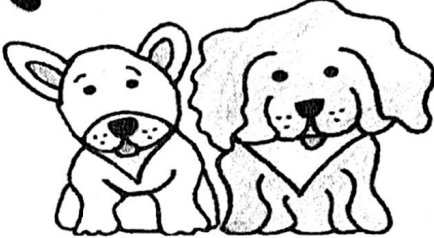

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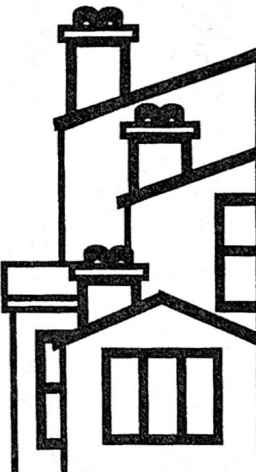
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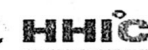
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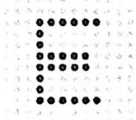
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— DISTRICT COUNCILLOR NOTES —

Make-up of the Council following recent elections

On 23rd May the first council meeting post-election was held to make appointments for the forthcoming year. The Liberal Democrats secured a clear majority, so they made the appointments:

Council Leader – Bridget Smith

Deputy Leader – Aidan Van de Weyer

Finance – John Williams

Environmental Services and Licensing – Niel Gough

Housing – Hazel Smith

Planning – Tumi Hawkins

Customer Service and Business – Philippa Hart

Announcement of a 5 Year Land Supply

As of 21st May 2018, SCDC confirmed that it now meets the Government requirements for the provision of new housing land. Any new planning applications will not only have to meet national standards for planning but those set out in the emerging Local Plan.

I hope the new administration will see that decisions taken under the previous administration protected most of our villages in South Cambridgeshire from speculative development which would further swell small villages that struggle to cope with their existing infrastructure. It has always been my belief that it is better to have new settlements with the correct infrastructure (roads, schools, community facilities etc) in place rather than apply additional pressures to existing villages.

Residents and businesses in South Cambridgeshire are being offered free drop-in sessions and practical workshops.

From Monday 4th June, advice and support will be provided during regular times at the District Council's Cambourne offices by experts at Nwes, the UK's largest not-for-profit enterprise agency.

Around 900 new businesses start-up in South Cambridgeshire every year, with the district currently home to more than 8,100 companies.

The drop-ins and workshops are aimed at South Cambridgeshire residents who are thinking of starting a business, and owners and managers of existing local firms. They will focus on start-up companies or growing a business. Delegates wishing to attend can register their interest at openforbusiness@scambs.gov.uk or 03450 450 063.

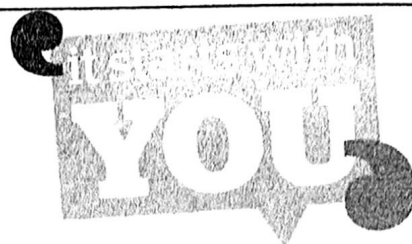
Those attending a drop-in will have the chance to speak with an Nwes Business Adviser about subjects around starting and growing a business. These one-to-one advice sessions last for around 30 minutes. Following the drop-in sessions, there may also be the chance for participants to sign-up for a further programme of support.

Additionally, a free workshop called 'first steps to start-up' is being made available. This will offer detailed insights into starting a business, and is tailored towards those considering ideas for new ventures. This will cover elements such as calculating start-up costs, registering with HMRC and the legal side of naming a firm. They'll also run through how to plan and present financial forecasts.

Separate free workshops aimed at existing business owners or managers are also offered. All the above sessions are free. If I can help with queries or other things please contact me:

Bunty Waters T: 07734 690580 or 01954 201421;

E: bunty.waters@ntlworld.com



Our local Healthwatch in Cambridgeshire and Peterborough are launching their 'It Starts With You' campaign to encourage more people to share their experiences of using local health and care service.

The campaign will run from July to September 2018 and will tell the stories of local people who are helping to improve the services we all use.

Last year, Jason, who is Deaf told us about visiting A&E and not getting a British Sign language Interpreter for over 7 hours even though he had a serious lung condition. Thanks to Jason and other people who shared their experience, we are challenging the local NHS to do better for disabled people.

Have you got a story to share? Tell us about your experiences and ideas to help services understand what works, what doesn't and what you want from care in the future.

No matter how big or small the issue, tell us about it. If it matters to you then it's very likely it matters to someone else.

Sharing your opinions with Healthwatch is quick and easy and could make a big difference. Tell us what you think and help make care better for you, your family and community.

Volunteer as a Community Listener and help us find out what people who live locally think about their health and care services. You will get training, support and out of pocket expenses.

Call our free Information Service if you have a question about local health or care services and need some help with what to do next.

Healthwatch Cambridgeshire and Healthwatch Peterborough work together as one organisation. You can contact us on:

Call us on 0330 355 1285 or text 07520 635176;
www.healthwatchcambridgeshire.co.uk or
www.healthwatchpeterborough.co.uk

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— VILLAGE HALL —

01954 782892

Bar Hill Preschool is open 9am–3pm Monday to Friday, term time for children aged 2–5 years. We offer sessions through the Early years funding scheme, funded two's and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities that children learn and develop skills through play in a safe and inviting environment.

Our keyperson and buddy system ensures every child is well supported by qualified practitioners who have a wealth of experience. We work in partnership with parents and our online learning journal supports this by providing families with regular information on the child's development and next steps identified, parents can upload evidence from home too and add their own comments.

Our inside area provides views across the village green in a inviting and welcoming atmosphere. Children can access toys and equipment independently. Skills are developed through activities and routines eg children help to prepare snack with safety knives and learn about how to stay healthy. Lunch clubs are a social time and adults sit at tables with children while they eat own packed lunch, encouraging friendships and social skills.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to exploring the mud kitchen, large sand pit and our sensory garden.

We welcome visitors from the local community that support our curriculum further.

Interested? You can find out more information on our website www.barhillpreschool.co.uk or call us on 01954 782892 to book an informal visit or for an application form.

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If you find a tradesman in the Bar Hill News, please tell them when you book a service or appointment.

— COUNTY COUNCILLOR'S REPORT —

This month has been another challenge for residents of Bar Hill as work on the A14 upgrade progresses locally. I take my hat off to you all for being as patient and understanding as you are. I know we all acknowledge the benefits that the upgrade will bring but at the moment 2020 does seem a long way off. Progress though is good and delays on one section mean greater progress can be made on another so I am hoping that this is an indicator that the work will finish on time. The night closures do cause inconvenience but I have not had a lot of complaints about this from Bar Hill residents which supports my comment about you being patient and understanding.

One of the traffic issues that does seem to cause increasing concern though is the parking of HCVs on Trafalgar Way. It has been suggested that signage would help but I think that it needs a more comprehensive approach. I will be supporting the Parish Council to talk with the various agencies who might be able to help as well as the companies employing the worst transgressors to try to find a sustainable resolution. Please do contact me with the names of companies whose drivers you observe to be using this area regularly for free parking.

The County Council's Road Safety team's work with schools was rewarded recently. The Barnabas Oley Primary School was the national winner of this year's STARS [Sustainable Travel Accreditation & Recognition] award for its efforts to increase walking, cycling and other forms of sustainable transport for journeys to and from school. Bar Hill Primary School has already achieved National Bronze Status and, as a result, was awarded scooter and bike storage.

Schools and pre-schools are just two of the beneficiaries of a social enterprise scheme in which the County Council works with Cambridgeshire Community Reuse & Recycling Network [CCORRN] on the Cambridgeshire Community Repaint scheme. Anyone with unused/surplus-to-requirements paint to dispose of can take it to the Household Recycling Centre at Milton. Once sorted and treated the paint is distributed either on a nominal charge basis or through a monthly award programme. To date 159 community groups, schools and pre-schools as well as low income households have benefitted from the scheme and around 21,000 people have enjoyed improvements to their environment and facilities. The scheme has also provided work experience and volunteering opportunities as well as community payback placements for over 70 individuals. Information about the types of paint that can be accepted can be found at: <http://www.ccorrn.org.uk/community-repaint>

A word of warning if you are driving to Cambridge station to drop someone off: bus lane cameras went live at the station on 1st June! Similar enforcement equipment has also replaced the out of date rising bollards at Emmanuel Road, Bridge Street and Regent Street/St Andrews Street. Described as 'bus gates' they restrict unauthorised traffic through the use of automatic number plate recognition cameras. By the time you read this fixed penalties will be in force.

Please do contact me about any concerns or questions you have about any local or strategic issue. If you would like to receive a copy of the full report that I write for the division's parish councils each month, please email me and I will add you to its circulation.

Lynda

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Junior class (*beginners' class from 4 years old*) is from 5-6pm;

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Sparring Classes are held on Sundays from 10-11.30am.

Free taster sessions. Family discount.

Text, call or e-mail: Mister Jason Newton: 07745 436806; jason.newton@btinternet.com; or Sam Dethridge: 07767 697236; barhilltkdjuniorclass@gmail.com.

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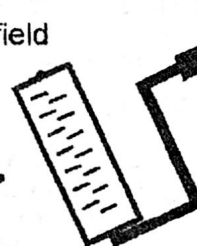
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— SCAM OF THE MONTH —



Scams are sadly a fact of life now and aren't going to go away so we all need to learn how to avoid them. They may come by any means of communication including in the post, face to face, via landline or mobile, online, email or social media.

Remember your ABC:

Anyone can spin you a yarn;

Be suspicious of any approach you receive that you have not initiated;

Caution should always be exercised – If it seems too good to be true, it probably is.

Currently there is a rise in **Romance Scams** –

The usual scenario is that you sign up to an online dating agency and meet someone who is also looking for love. You email/message each other for a few months until the person, who happens to live overseas, decides they want to come to the UK. However, they need help with money for the flight. You pay up to help your new friend – but he or she disappears, along with your cash.

To protect yourself –

Never send money to someone you don't know, however plausible they sound.

Report it to the dating site that arranged the introduction.

If you have been affected by this, or any other type of fraud, report it to Action Fraud by calling 0300 123 2040, or visiting www.actionfraud.police.uk.

They can also provide information and advice about numerous other types of fraud.

— NEIGHBOURHOOD WATCH —

While the cat's away the mice will play.



While you're away...

When going away on holiday and leaving your house empty, you can make your home look occupied to help deter burglars.

The advice is;

- ask trusted neighbours to keep an eye on your home, putting bins out and back on collection day and taking in any deliveries left on your doorstep.
- close and lock all windows and doors to your home, sheds, garages and outbuildings.
- don't post updates on social media, as this can advertise the fact your home is empty.
- use lights and a radio on timer switches to give the impression that someone is home.
- ask a neighbour or friend to park their car on your driveway.
- cancel regular deliveries for things like milk or newspapers.
- move valuable items such as laptops and mobile devices out of view through windows.
- if possible, ask someone you trust to open and close your blinds or curtains each morning/evening to give the appearance that someone is home.

And while you are at home this summer, be alert to what is going on in the area and never be afraid to report anything at all suspicious.

Wishing you a safe and happy summer, whether you are at home or away.

Pam Vendy, Village Co-ordinator

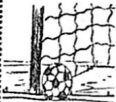
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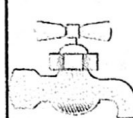
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...you couldn't make it up...

In 2014, the George Harrison Memorial Tree died due to an infestation of beetles!

REGION'S LARGEST ART EVENT SET TO RETURN THIS JULY

Cambridge Open Studios has announced the 2018 dates for its month-long summer art event, which will feature an exciting range of exhibitions by 350 artists at 221 locations in the city and surrounding areas.

Artists will open their doors to the public over four weekends in July. Among the huge range of specialisms will be: fine art, photography, pottery, glass making, sculpture, illustration, textiles, jewellery and furniture making, and more besides.

The weekends are: 7-8, 14-15, 21-22, 28-29 July. Studios are open to visit between 11am and 6pm. However, as not all artists will exhibit every weekend it is important to check the website, or refer to the famous yellow guide. These guides will be widely available in local outlets including libraries, tourist information sites, galleries and selected shops.

Getting around

New for 2018 is a partnership between Cambridge Open Studios and ofo bikes. The partnership came about to help visitors hop between studios in central Cambridge without any traffic and parking problems using the handy bicycles for hire.

With a code printed in the COS yellow guidebook, visitors will be able to claim five free one hour ofo bike rides – just the ticket for travelling between city centre locations.

Find out more online

The studios are spread throughout the whole region, not just in the city centre. As usual, the distinctive yellow COS flags will be out to identify participating studios. In the months leading up to the open studio event, many artists will be running workshops, courses and exhibitions. Members of the public can keep up to date on their activities via the COS website (www.camopenstudios.co.uk) or by following them on Facebook, Twitter and Instagram using @CamOpenStudios, where they can also follow specific artists.

BAR HILL COMMUNITY CAR SCHEME A Voluntary Car Scheme for residents of Bar Hill.

We are now recruiting volunteer drivers – do you have a few hours to spare now and again?

We need your help to provide this valuable service for those who do not have the use of a car and struggle with transport.

For more information, please contact the Car Scheme Coordinator – Russell Brown on 07496 465330.

BUS SERVICE 1A BETWEEN BAR HILL AND ST IVES



Dews Coaches run a weekday bus service, number 1A, between Bar Hill and St Ives.

There are stops in Fenstanton.

This service is subsidised by Cambridgeshire County Council until summer 2018, and to keep it running we need to support it. Older persons' bus passes are accepted.

The timetable is as follows:

- Departures from bus stop near Tesco at 07.52, 09.43, 10.43, 11.43, 12.43, 13.43, 15.43 and 17.03.
- Return from St Ives bus station at 09.18, 10.18, 11.18, 12.18, 13.18, 15.18 and 16.18.

— JULY BULLETIN — CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

As the weather brightens up and the sunshine starts brightening our weeks we welcome the longer, brighter nights and the opportunity to enjoy summer days and nights in the garden.



When powering up your BBQ's and putting out the garden furniture for the summer season, be sure to take note of our top tips below to ensure you have a fun and safe summer in the garden.

- If cooking outdoors, always check BBQs over after winter storage. Keep them on level ground and ensure they are sited away from sheds, fences, overhanging foliage and property
- Keep children and garden games well away from the cooking area and never leave the barbecue unattended
- If you have a bonfire, build it well away from buildings, tents or other flammable objects and make sure it is properly out when you leave
- When out in the countryside, extinguish cigarettes properly and dispose of them responsibly – never throw a lit cigarette into a field or wooded area
- Don't forget to stay safe around our county's waterways and if you see someone in trouble in water, call 999 immediately with clear details of your location
- When out camping or using a tent, never use candles inside or nearby and always discourage smoking nearby. Never cook inside a tent.

For the latest news, incidents and safety advice, or to contact us, log on to www.cambsfire.gov.uk. Sign up to email alerts

UPCOMING PTA EVENTS

Saturday 14th July: Year 6s leavers prom.

Friday 20th July: end of term disco.

If you would like to help at any of the events or would like to join the PTA please contact em.spenceley@hotmail.co.uk

— COMBERTON RAMBLERS —

Join our friendly group for wonderful walks

Comberton Ramblers walk alternative Sundays between 5-7 miles. We are a friendly, informative group and enjoy exploring the varied countryside in this area.

New walkers are very welcome to join us with up to 2 free walks, and if you enjoy our walks we request that you become a member. Annual membership fee is £8.50 per person.

Our full walks programme can be viewed + photo's on www.combertonramblers.org.uk

For further information please contact Stella on:

T: 01954 210049; E: stella.ramblers@hotmail.com

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Thursdays - Oakington Pavilion, Queens Way, Oakington CB24 3AW, 6:15PM - 7:15PM

£6 or £5 when booked online in advance

Reusable glow sticks (£5 a pair) and whistles (£1) will also be for sale on the door

To book your place visit: www.bookwhen.com/clubbercisewithmarilyn

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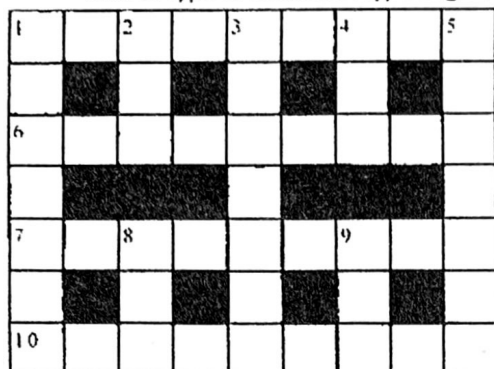
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10 SOUTH ROAD, IMPINGTON, CAMBS, CB24 9PB



— JULY CROSSWORD —

Across: 1. simple knot (4,5). 6. solstice in June.
7. speedy mammal. 10. served with fish & chips (5,4).
Down: 1. dull. 2. type of light bulb. 3. proud.
4. cat. 5. straps used with horse & cart. 8. type or lettuce. 9. type of grain.



JUNE'S SOLUTION

Across: 1. Edinburgh. 6. equivocal.
7. adjourned. 10. directory.
Down: 1. emerald. 2. IOU. 3. bivouac. 4. roc.
5. holiday. 8. jar. 9. NCO.

— BIN COLLECTION —

28th June black
5th July green and blue
12th July black
19th July green and blue
26th July black
2nd August green and blue
9th August black
16th August green and blue
23rd August black
Friday 31st August green and blue
6th September black

— THE ALLOTMENT SOCIETY —



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on

07788 590348.

All other allotment matters should be addressed to: barhillallotment@gmail.com.

— USEFUL TELEPHONE NUMBERS —

Out of Hours Medical Emergencies		111
Police Non-Emergency		101
Allotment Society	Rob Lawrence	07788 590348
Bar Hill Church	Minister: Charles Mather	01954 277119
	Church office	01954 206120
Bar Hill School		01954 273305
Bar Hill Community Car Scheme		07496 465330
Bar Hill Cricket Club	Paul Stimpson	01954 201212
Bar Hill Sports & Social Club		01954 781881
Cambridge Fire & Rescue Service Helpline		0800 917 9994
Coffee Stop, Knit & Natter,	Sue Kenchington	01954 780260
Holiday@Home		
Community Market	Karen Austen	01954 781085
Conservative Party	Iris Lay	01954 205265
County Councillor	Lynda Harford	01954 251775
		07889 131022
Councillor, Parish Council,	Bunty Waters	01954 201421
Residents' Association,		07734 690580
Bar Hill News Advertising		
Councillor, Parish Council,	Roger Hall	01954 780304
Residents' Association		
Happy Hours	Anne Plumb	01954 780364
Health Walks	Josephine Powell	07901 558108
	Patricia Daniels	07917 874402
Heidi Allen MP	Office	01223 830037
	Office address: 82A High Street, Sawston CB22 3HJ	
Liberal Democrat Party	Andy Pellew	07814 871752
Library – renewals & enquiries		0345 0455225
GP Surgeries	Maple	01954 780442
	Over	01954 231550
	Over Pharmacy	01954 233457
	Swavesey	01954 230202
	Longstanton	01954 207600
	Willingham	01954 260230
	Willingham & Longstanton Dispensary	01954 207600
Neighbourhood Watch	Pam Vendy	01954 201001
Over Day Centre	Hayley Smith, Manager	01954 231807
Parish Council Office	Sue Bell, Parish Clerk	01954 780456
Post Office		01954 789285
Pre-School		01954 782892
Royal British Legion,	Wendy Arrowsmith	01954 781381
Health & Wellbeing at Tesco		
Samaritans		01223 364455
Swavesey Village College		01954 230366

— JULY PUZZLE —

Form nine, nine letter GREEK MYTHOLOGY TERMS, in groups of three letters.

A	D	E	E	N	E	O	N	I		D			H		G		A
A	D	S	E	P	I	P	H	A		H			Y		D		S
A	N	I	G	A	N	P	H	A		E			H		E		O
C	H	A	G	I	A	P	H	R		P			H		N		S
D	E	M	H	I	P	P	O	L		A			M		D		S
D	E	S	L	I	M	P	O	M		I			O		Y		A
D	E	S	M	E	L	R	Y	B		I			N		A		S
D	i	S	N	E	S	Y	M	E			L	P			E		E
E	D	O	O	C	E	Y	T	A			E	A			D		S

Solution for June: Bachelors, Beachboys, Bucksfizz, Dubliners, Marmalade, Motorhead, Simply Red, Thin Lizzy, Vandellas.

SEWING SERVICE



If you have a sewing job you can't face, call Lyn on 01954 201113.

NOTICE – PARKING

Please report any concerns regarding inconsiderate parking direct to the Police on <http://tinyurl.com/SouthCambs-Parking>

Just state village, street, and the nature and effect of the problem including vehicle registrations, dates, times, paths, verge, etc. and press **submit** – Thank you.

— EVENTS CALENDAR —

date	event	where	time
28 June–1 July	Willingham Craft Beer Festival	Ploughman Hall	
30 June	Cricket match v. Newton (page 5)	Village Green	
1 July	Park Life at Milton Country Park (page 21)		
2 July	Happy Hours – party games (page 3)	Octagon	11am–3pm
3 July	Residents' Association meeting (page 1)	Parish Council offices	8pm
5 July	NWR – Balloon debate (page 3)		8pm
5 July	Read through for panto (page 4)		
6 July	Late night visit to Brampton Wood (page 16)	GR TL 184698/PE28 ODB	10.15pm
6 July	Live Band (page 8)	BHSSC	8pm
7 July	Summer Fête	Arthur Rank Hospice	1–4pm
8 July	Storytime (page 15)	Library	10.30am
9 July	Happy Hours – Bingo and Quiz (page 3)	Octagon	11am–3pm
10 July	Health and wellbeing club (page 3)	Tesco	2–4pm
10 July	Dry Drayton W.I. (page 4)	Village Hall, Dry Drayton	2.30pm
11 July	Fête Committee meeting (page 1)	BHSSC	7.30pm
11 July	Concert (page 5)	Jesus College Chapel	7pm
13 July	Romsey Mill Charity golf day (page 15)	Hallmark Hotel	10am start
14 July	Wildlife Trust walk (page 16)	Woodwalton Fen	10.30am–1pm
16 July	Happy Hours – Marie Curie Tea Party (page 3)	Octagon	11am–3pm
19 July	NWR – Kitchen Gadgets (page 3)		8pm
19 July	Auditions for panto (page 4)	School	7.30pm
23 July	Happy Hours – no club (page 3)	Octagon	11am–3pm
25 July	Bar Hill Book Club (page 3)	The Fox	7pm
2 August	NWR – What's in the News? (page 3)		8pm
4 August	80's Disco Night	BHSSC	8pm
6 August	Happy Hours – "A Day at the Seaside" (page 3)	Octagon	11am–3pm

...did you know...

An amalgamation of a question mark (?) and exclamation point (!) is called an interrobang(?!). Its meaning reflects the union of the two symbols – with the question mark comes incredulity, doubt, and wonder; while the exclamation point indicates surprise, amazement, and intense emotion. The interrobang is a useful, though rarely used, punctuation mark.

...interesting quotes...

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own, and you know what you know. And you are the one who'll decide where to go. *Dr. Seuss*

2. We are living on this planet as if we have another one to go to. *Terry Swearingen*

healthwatch Cambridgeshire

THE FUTURE OF OLDER PEOPLE'S SOCIAL CARE

Help Healthwatch get older people's experiences of social care listened to by the government.

The government has announced that they will publish a green paper on care and support for older people by summer 2018. This will provide a basis for a discussion and ideas for future services.

Sandie Smith, our CEO, has joined a task group with Healthwatch England to make sure that older people's and carers' experiences are considered as part of this thinking. It is vital their experiences are at the centre of any conversation.

Social care is practical support for people who need help with everyday activities to live their lives as fully and as independently as possible. At its most basic, social care can include help with washing, dressing, getting out of bed on a morning, help with medicines and housework.

Care and support services are not free. Most people have to pay something towards their own care and some will have to pay for all of the costs.

At Healthwatch, we think it's important that people's experiences of social care and ideas for the future are fed into any policy development. We want to encourage as many people as possible to share their experiences of older people's social care with us.

This is only the start of the conversation, as the green paper will be subject to a full public consultation after it is published in summer 2018.

We're calling for your experiences – go to: www.healthwatchcambridgeshire.co.uk/content/have-your-say to tell us about your experiences, or call us on

0330 355 1285.